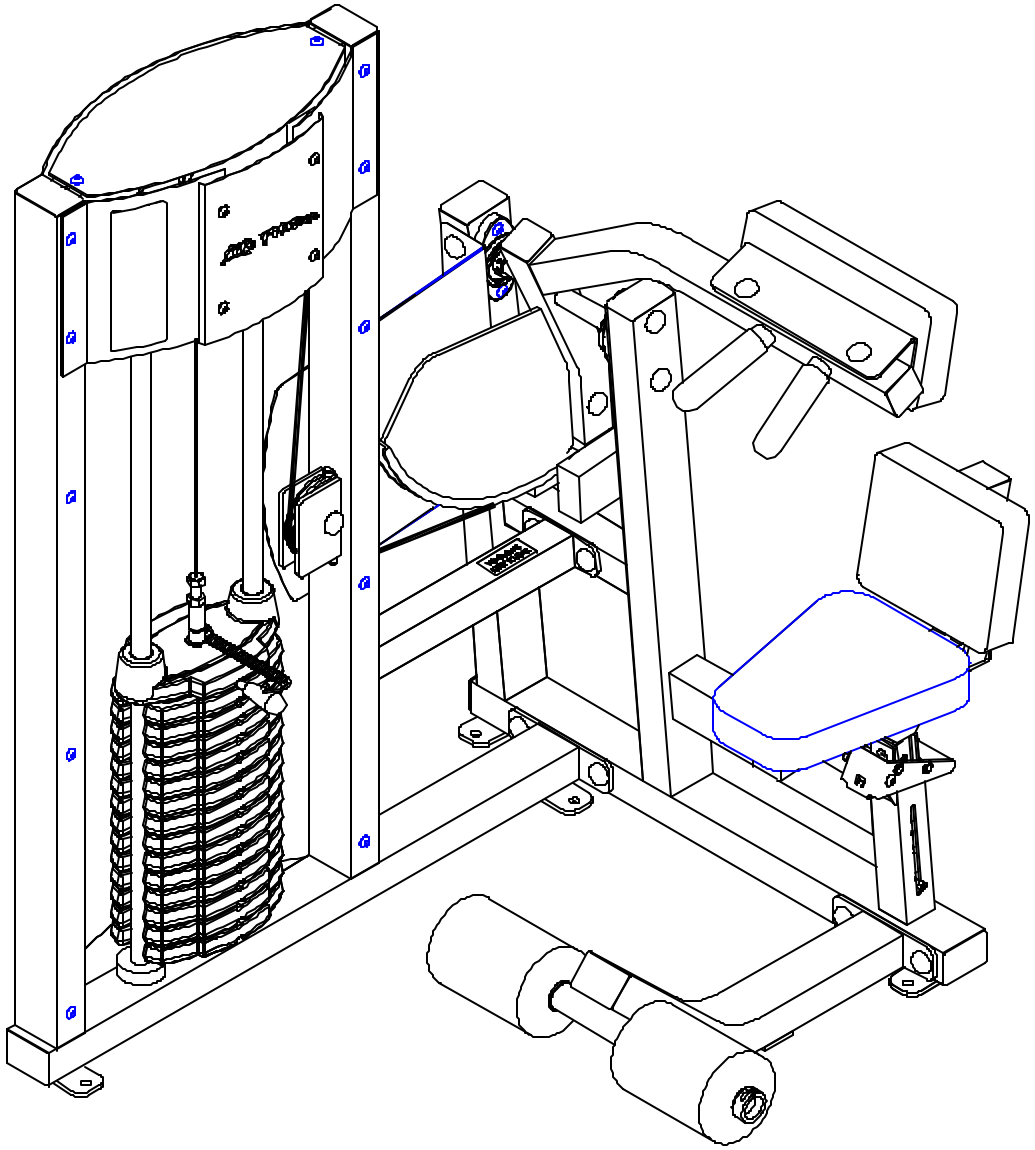
LifeFitness

STRENGTH

CLUB SERIES ABDOMINAL



ASSEMBLY INSTRUCTIONS

KEY	PART #	DESCRIPTION	QTY
1	69159XX	*TOWER	1
1A	6928801	CABLE, BE-TP1,T3,90-1/4	1
1B	6714901	GUIDE ROD BUSHING	2
1C	6692601	END CAP 3 X 2	3
1D	3222801	4-1/2 PULLEY	3
1E	3102807	3/8-16 NYLOCK NUT	3
1F	6866701	3/8 RH WASHER	4
1G	6952801	LABEL, KEEP CLEAR	1
1H	3102933	3/8-16 X 2 BOLT	1
1I	6480301	3/8 X 5/8OD X 9/16 SPACER	4
1J	3102514	3/8 FLAT WASHER	2
1K	3102903	3/8-16 X 2.5 BOLT	2
1L	6866601	CAP, RH-20 BLK	4
1M	6793001	LABEL, PRODUCT WARNING 2"	1
2	69179xx	*FOOT SUPPORT	1
2A	6928202	TUBE 1-1/4 X 21.5	1
2B	6928101	ROLLER PADS	2
2C	3222701	SHAFT COLLAR	2
2D	3119301	END CAP 1-1/4 TUBE	
3	69165xx	*SEAT SUPPORT	1
3A	6912201	HINGE ASSY	1
3B	6692601	3 X 2 END CAP	7
3C	6896901	HINGE PIN	3
3D	6922902	SEAT ASSY	1
3E	6405201	2 SQ END CAP	3
3F	6897101	ADJ PLATE	1
3G	6897001	15 POS ADJ PLATE	1
3H	3234301	5/16-18 X 1/2 BOLT	4
4	70597xx	*ADJ PIVOT ARM	1
4A	70596xx	*ADJ CAM	1
4B	7054201	ADJ	1
4C	3203002	SHAFT COLLAR	1
4D	6466901	SPRING PIN	1
4E	3104903	FLANGE BEARING	2
4F	3104301	RUBBER BUMPER	1
4G	3103109	RUBBER GRIPS	2
5	68839xx	*GUIDE ROD SUPPORT	1
6	69305xx	CAM SHROUD	1
7	7060302	COUNTERBALANCE	1

KEY	PART #	DESCRIPTION	QTY
8	69199xx	*3/16 X 12" ANGLE	1
9	6925501	HEAD PLATE	1
10	3102901	3/8 X 1-1/4" BOLT	4
11	3102903	3/8 X 2-1/2" BOLT	5
12	3102922	3/8 X 2-3/4" BOLT	2
13	3102904	3/8 X 3" BOLT	2
14	3102942	3/8 X 3-1/2" BOLT	2
15	3102905	3/8 X 3-3/4" BOLT	4
16	3202404	3/8 X 3" BUTTON HEAD BOLT	4
17	3102807	3/8" LOW HEIGHT LOCK NUT	17
18	3221504	3/8 ACORN NUT	10
19	3102514	3/8" SAE WASHER	22
20	6866701	3/8" RH WASHER	36
21	3203501	PILLOW BLOCK	2
22	6913801	WEIGHT STACK SELECTOR PIN	1
23	3108001	WEIGHT STACK CUSHION	2
24	6866601	RH CAP (02 WHITE)(03 PLAT)	36
25	3222001	1" SHAFT COLLAR	2
26	6832701	RUBBER BUMPER	1
27	6714901	GUIDE ROD BUSHING	2
28	6912801	ACCORDION SLEEVE	3
29	6942501	PLACARD LABEL, ENGLISH	1
30	6942601	**LANGUAGE PLACARD LABEL	1
31	6861902	TOP SHROUD	1
32	6926901	GUIDE ROD	2
33	6887202	10 LB. WEIGHT PLATE (STD)	15
34	6888402	15 LB. WEIGHT PLATE (OPT)	10
35	69300xx	*CHEST PAD	1
36	69131xx	*SEAT PAD	1
37	69132xx	*BACK PAD	1
38	3221601	STARLOCK WASHER	12
39	3202405	3/8 X 3-1/2 BUTTON HEAD BOLT	10
40	3202401	3/8 X 1 BUTTON HEAD BOLT	2
41	6862007	FRONT PARTIAL SHROUD	1
42	6861302	REAR PARTIAL SHROUD	1
43	6861007	FULL FRONT SHROUD	1
44	6925002	FULL REAR SHROUD	1
45	6971601	WEIGHT STACK LABEL	1
46	6957101	HEAVY WGT STACK LABEL	1

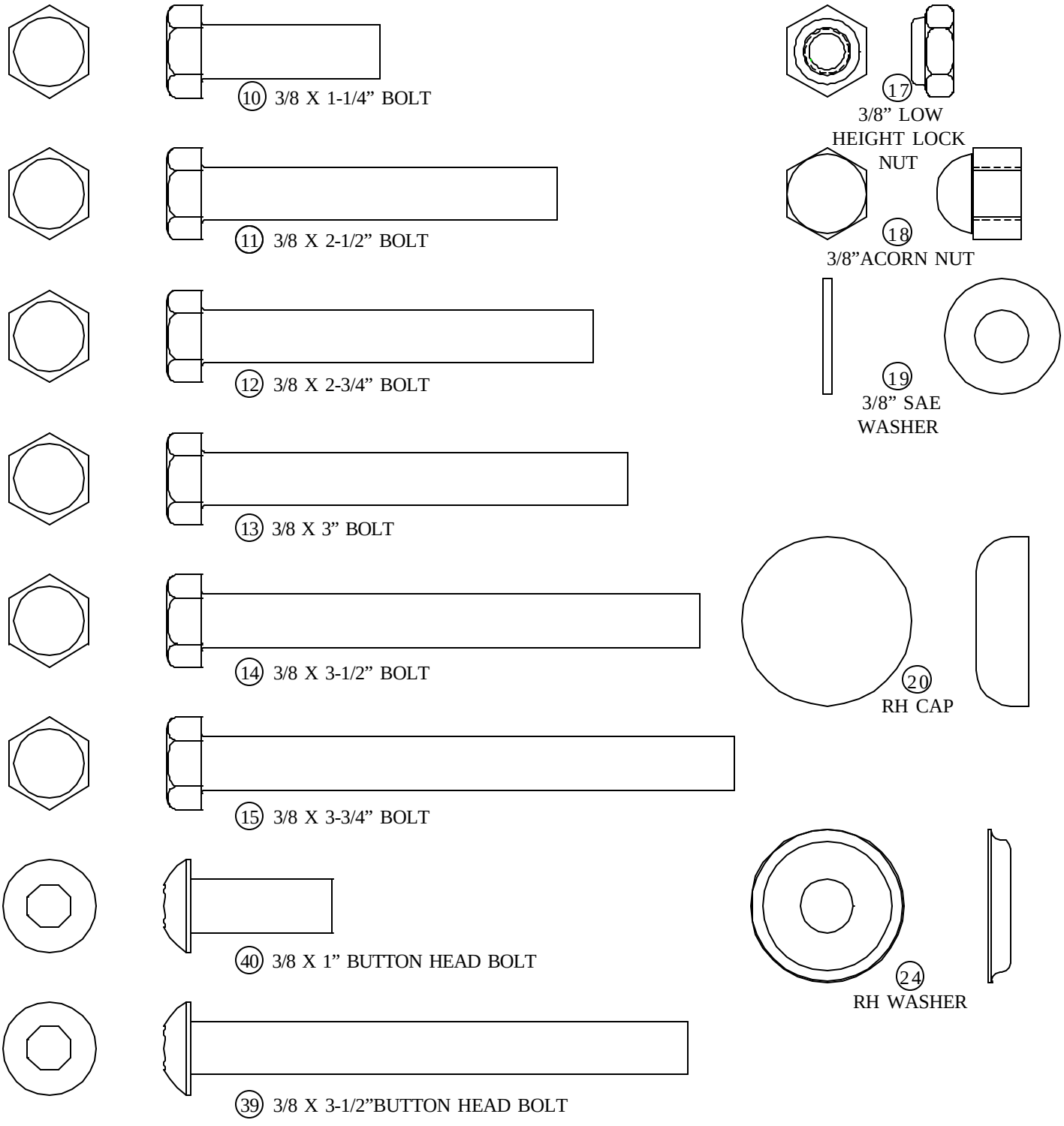
***For all 5 digit part numbers you need to add the color at the end.**
For shrouds and weldments please use the following codes:

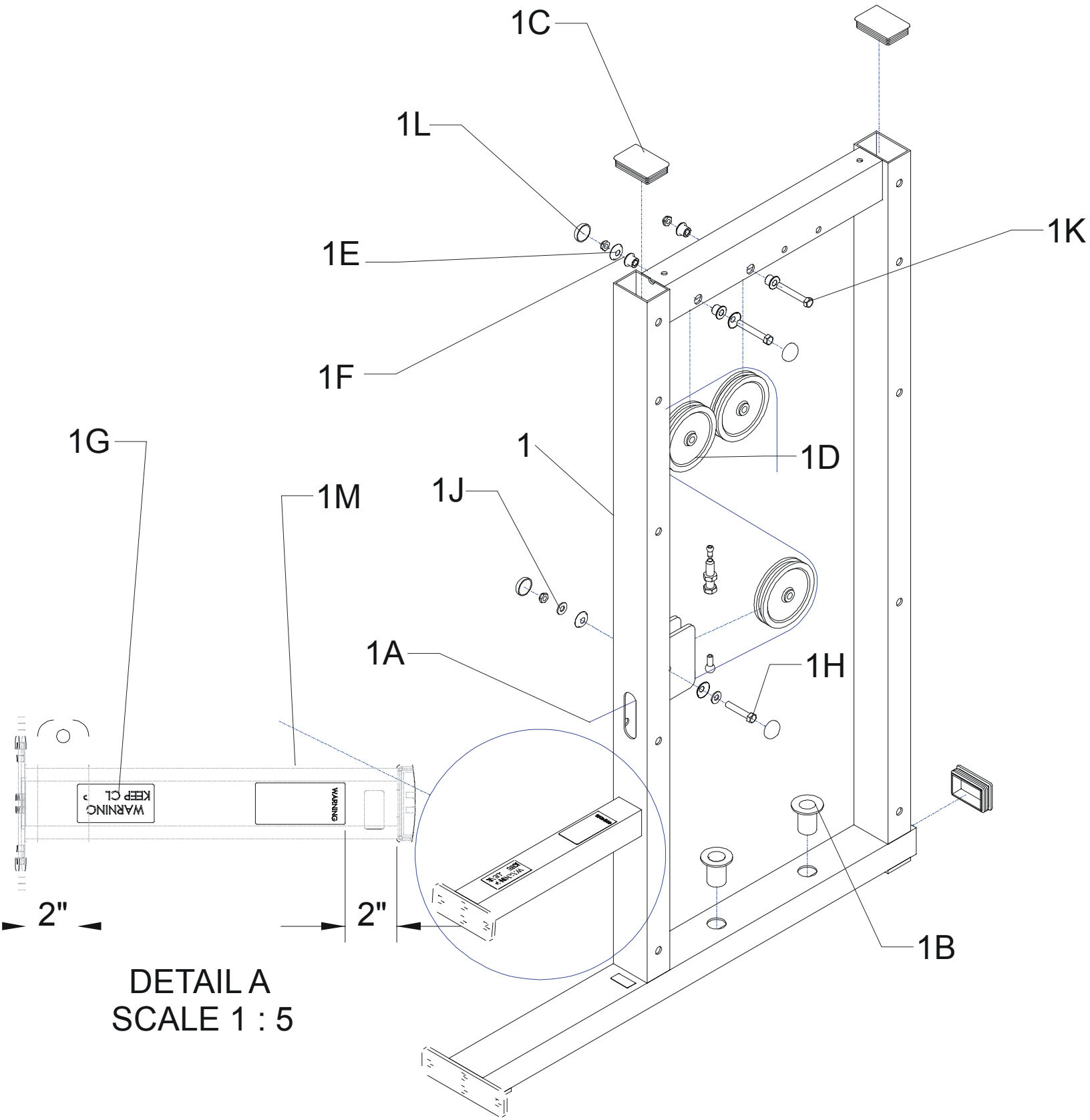
xxxxx07	**Denotes Platinum**
xxxxx08	**Denotes White**

****Language placard kit comes with Dutch, French, German, Poruguese, Spanish, Japaneese, and Italian.**

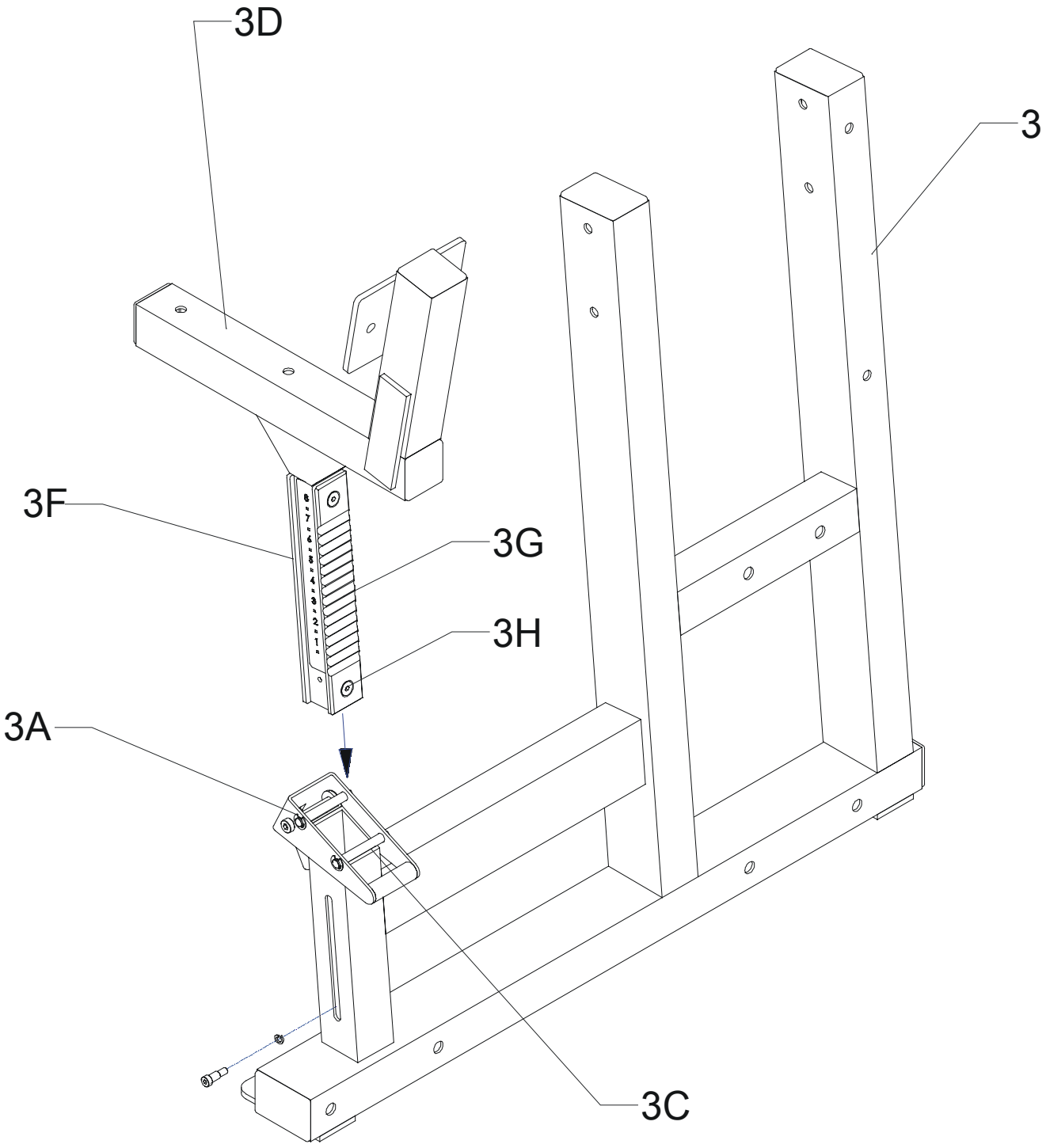
***For upholstery, please use the following codes:**

Code Description
#02 ROYAL BLUE
#03 SLATE
#04 CRANBERRY
#05 NORTHWOODS
#06 SPACE BLUE
#07 AMERICAN BEAUTY RED
#08 SUEDE
#12 BLACK
#13 HUNTER GREEN
#14 REGIMENTAL BLUE
#15 GINGERSNAP
#16 CONCORD
#17 URQUOISE
#18 RASPBERRY
#19 CROCUS


10 3/8 X 1-1/4" BOLT
11 3/8 X 2-1/2" BOLT
12 3/8 X 2-3/4" BOLT
13 3/8 X 3" BOLT
14 3/8 X 3-1/2" BOLT
15 3/8 X 3-3/4" BOLT
40 3/8 X 1" BUTTON HEAD BOLT
39 3/8 X 3-1/2"BUTTON HEAD BOLT
17 3/8" LOW HEIGHT LOCK NUT
18 3/8"ACORN NUT
19 3/8" SAE WASHER
20 RH CAP
24 RH WASHER



DETAIL A
SCALE 1 : 5


3D
3
3F
3G
3H
3A
3C

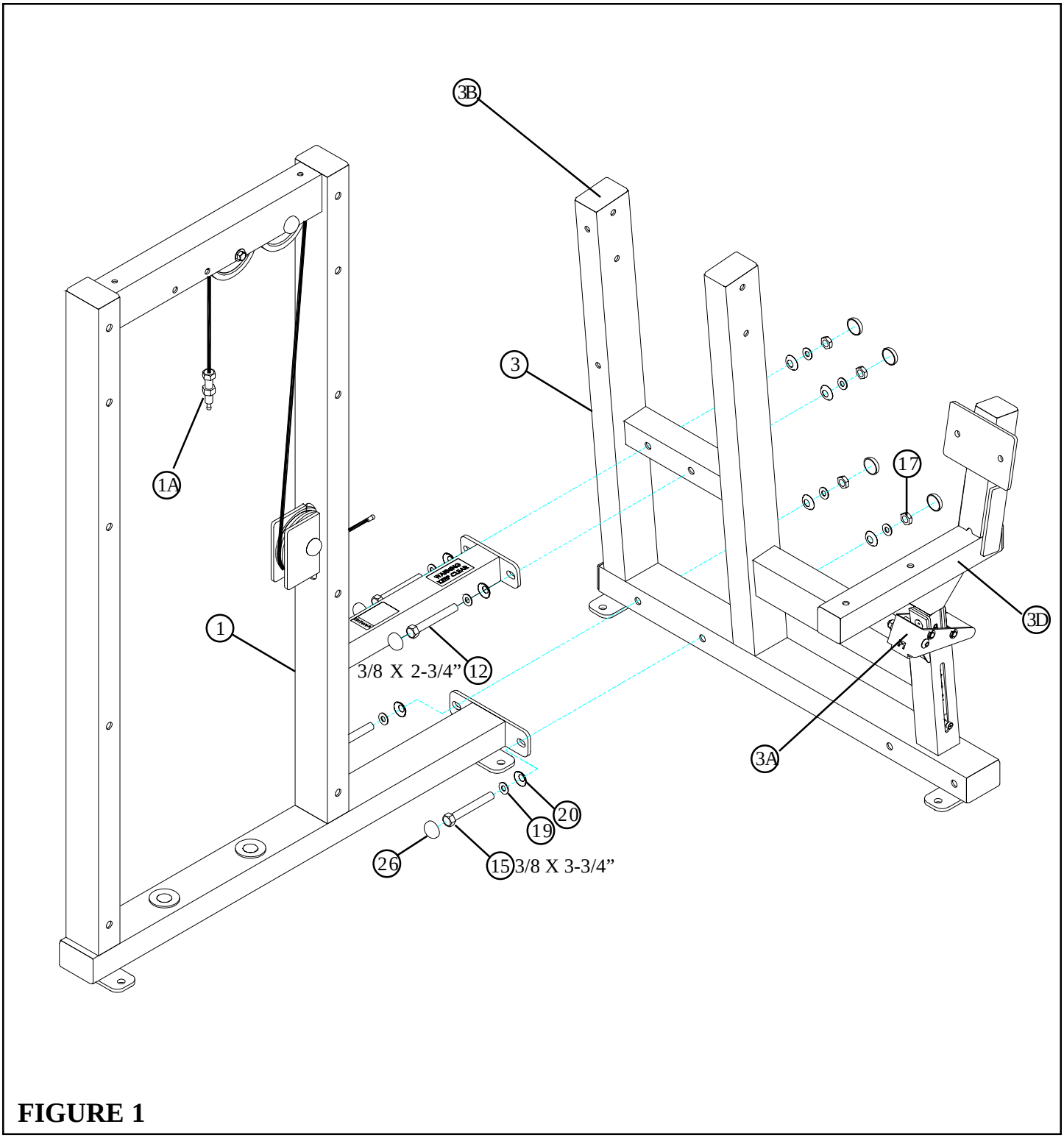
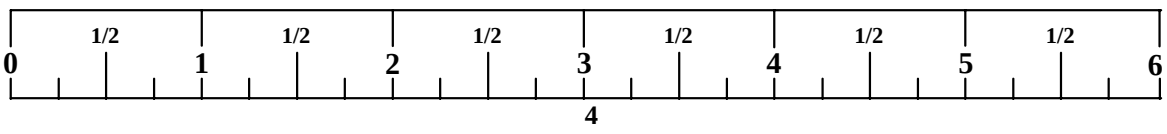


FIGURE 1

STEP 1:

- **LOOSELY** assemble the SEAT FRAME (3) to the lower tube on the TOWER (1) using four RH CAPS (26), two 3/8 X 3-3/4” BOLTS (15), four 3/8” SAE WASHERS (19), four 3/8” RH WASHERS (20) and two 3/8” LOW HEIGHT LOCK NUTS (17) as shown in FIGURE 1.

- **LOOSELY** assemble the SEAT FRAME (3) to the upper tube on the TOWER (1) using four RH CAPS (26), two 3/8 X 2-3/4” BOLTS (12), four 3/8” SAE WASHERS (19), four 3/8” RH WASHERS (20) and two 3/8” LOW HEIGHT LOCK NUTS (17) as shown in FIGURE 1.



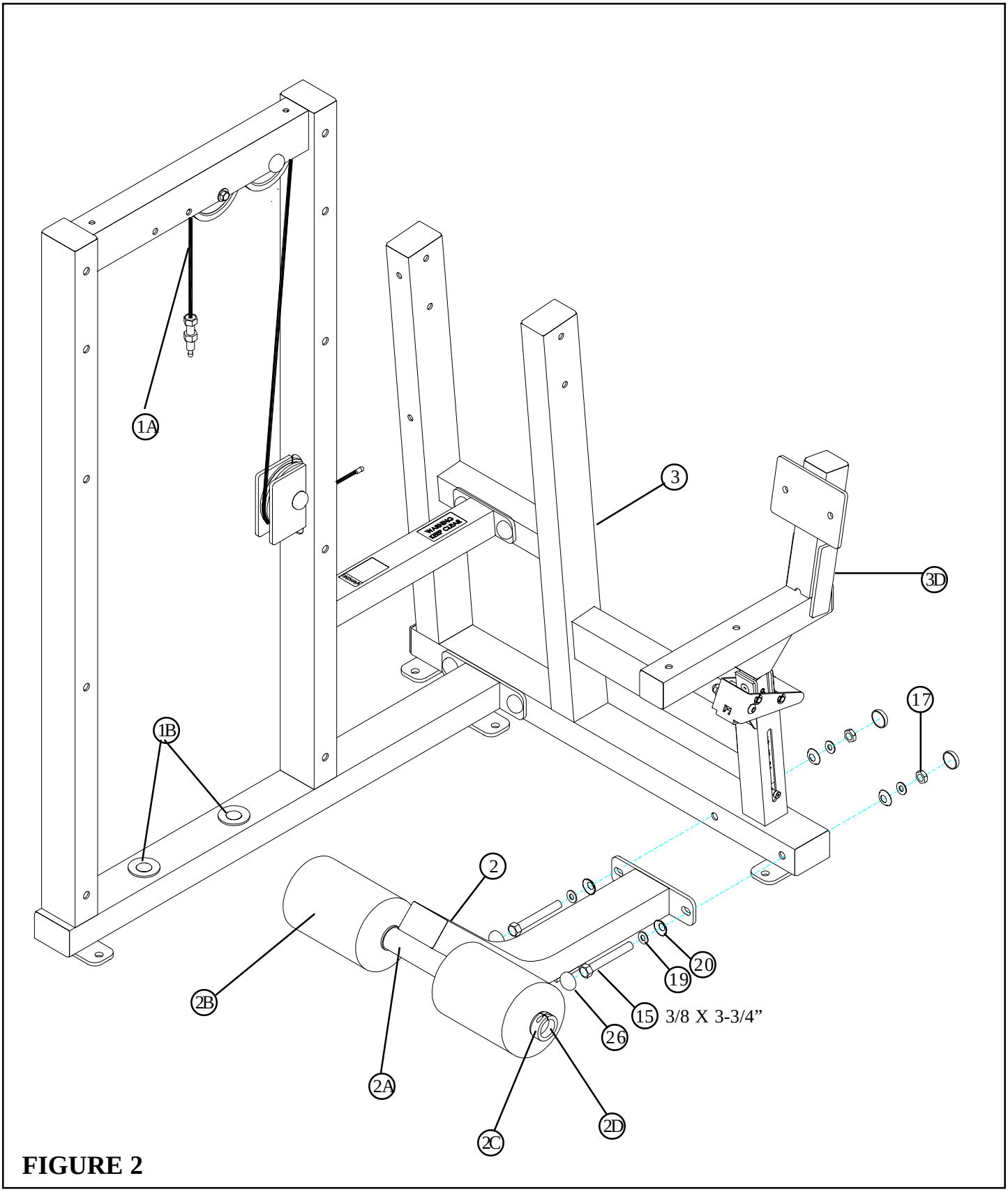


FIGURE 2

STEP 2:

- **LOOSELY** assemble the FOOT SUPPPORT (2) to the SEAT FRAME (3) using four RH CAPS (26), two 3/8 X 3-3/4” BOLTS (15), four 3/8” SAE WASHERS (19), four 3/8” RH WASHERS (20), and two 3/8” LOW HEIGHT LOCK NUTS (17) as shown in FIGURE 2.

- **Securely tighten all loose frame connections made to this point.**

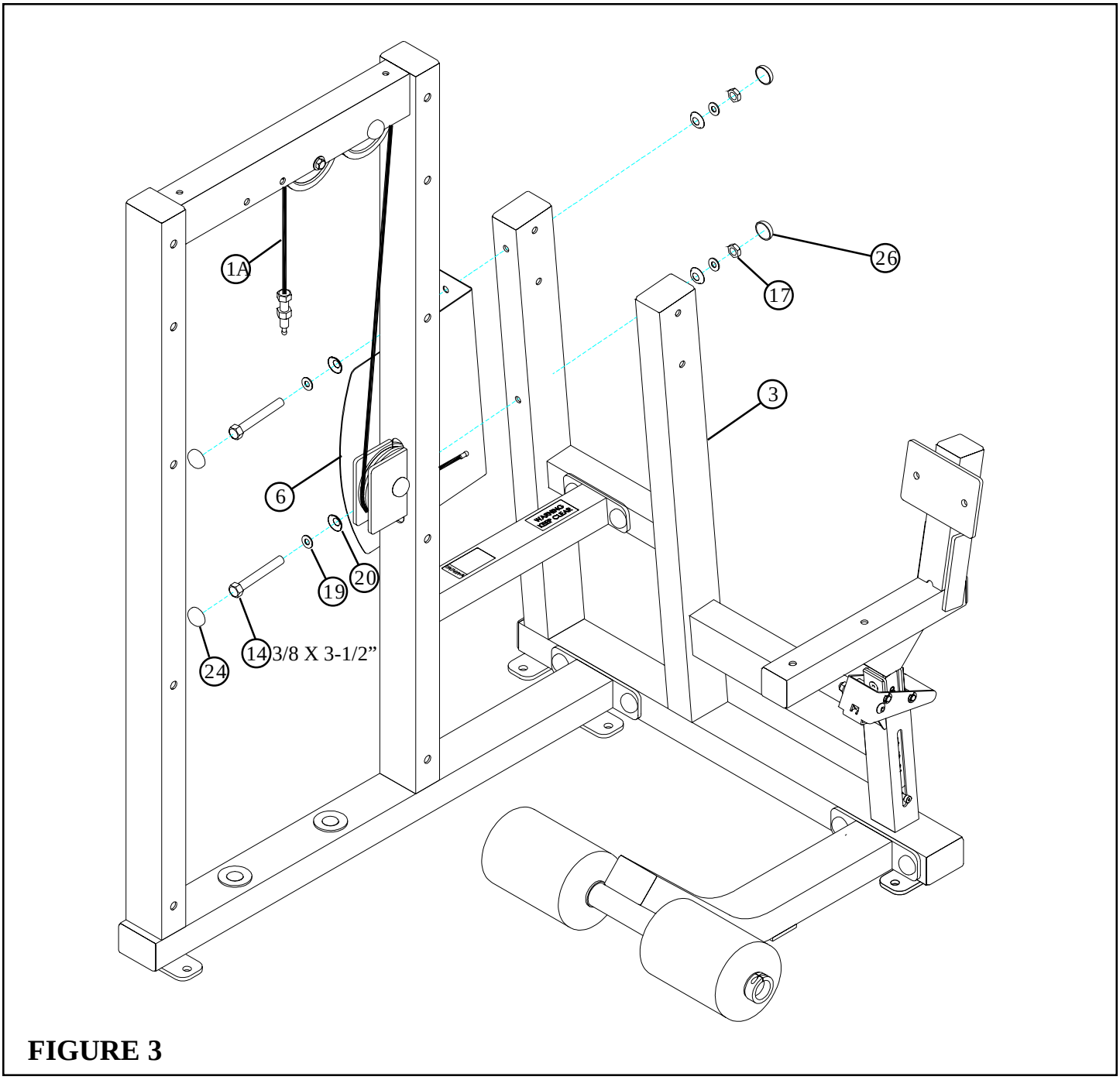
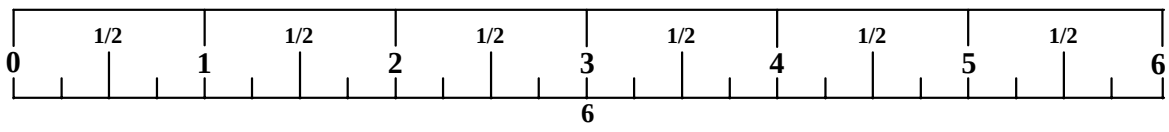
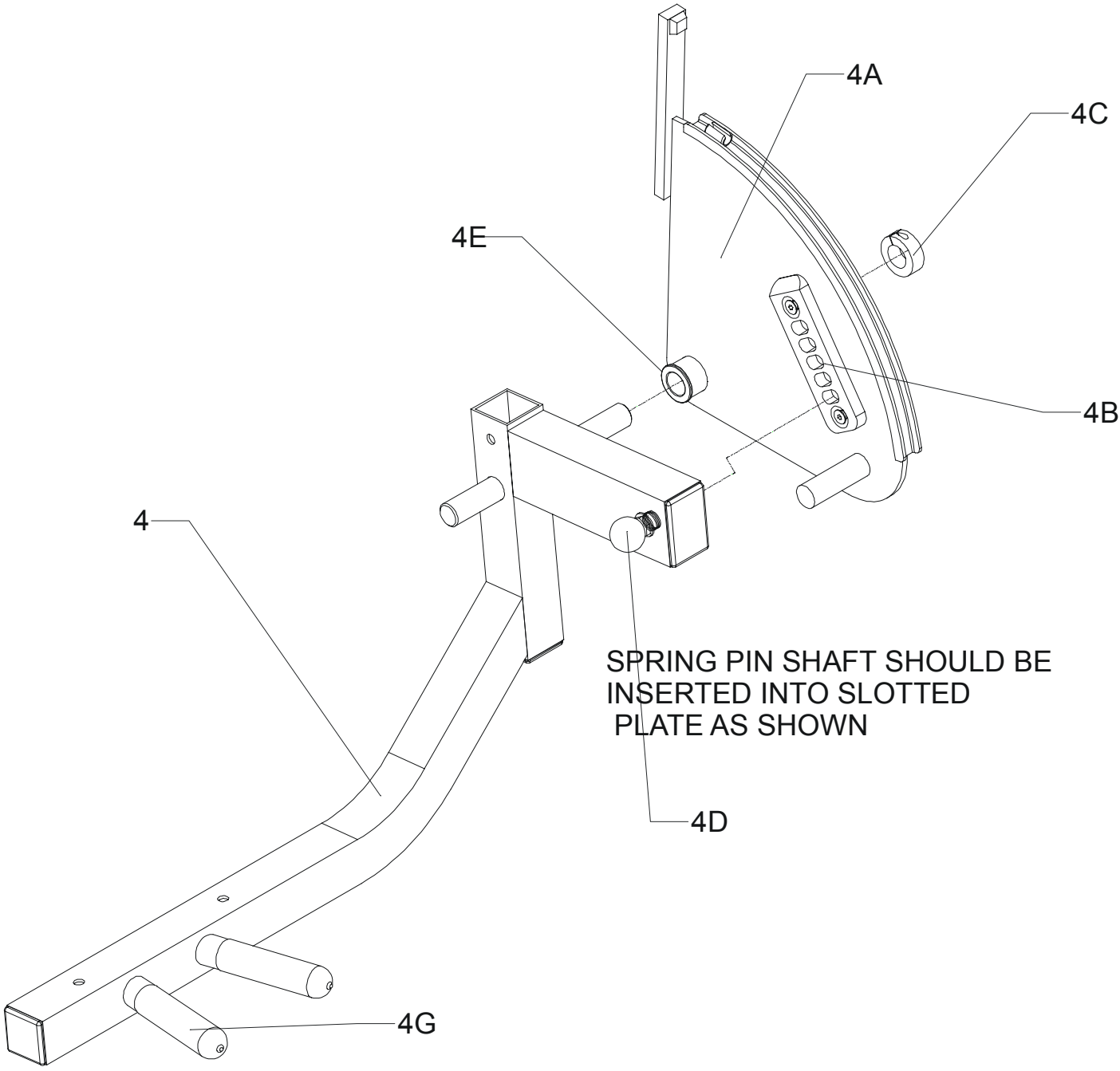


FIGURE 3

STEP 3:

- **SECURELY** assemble the CAM SHROUD (6) to the SEAT FRAME (3) using two RH CAPS (24), two 3/8 X 3-1/2” BOLTS (14), four 3/8” SAE WASHERS (19), four 3/8” RH WASHERS (20), two 3/8” LOW HEIGHT LOCK NUTS (17) and two RH CAPS (26), as shown in FIGURE 3.




4A
4C
4E
4B
4
SPRING PIN SHAFT SHOULD BE
INSERTED INTO SLOTTED
PLATE AS SHOWN
4D
4G

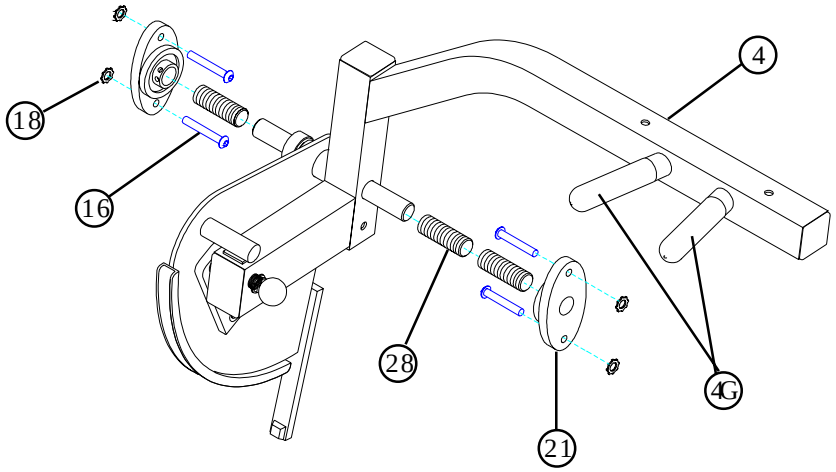


FIGURE 4

STEP 4

- Slide three ACCORIDIAN SLEEVES (28) over the shafts on the BOOM ASSEMBLY (4) as shown in FIGURE 4.
- Slide two PILLOW BLOCKS (21) over the shafts on the BOOM ASSEMBLY (4) as shown in FIGURE 4.
- Assemble four 3/8 X 3-1/4" BUTTON HEAD CAP SCREWS (16) and four STARLOCK WASHERS (18) to the the PILLOW BLOCKS (21) as shown in FIGURE 4

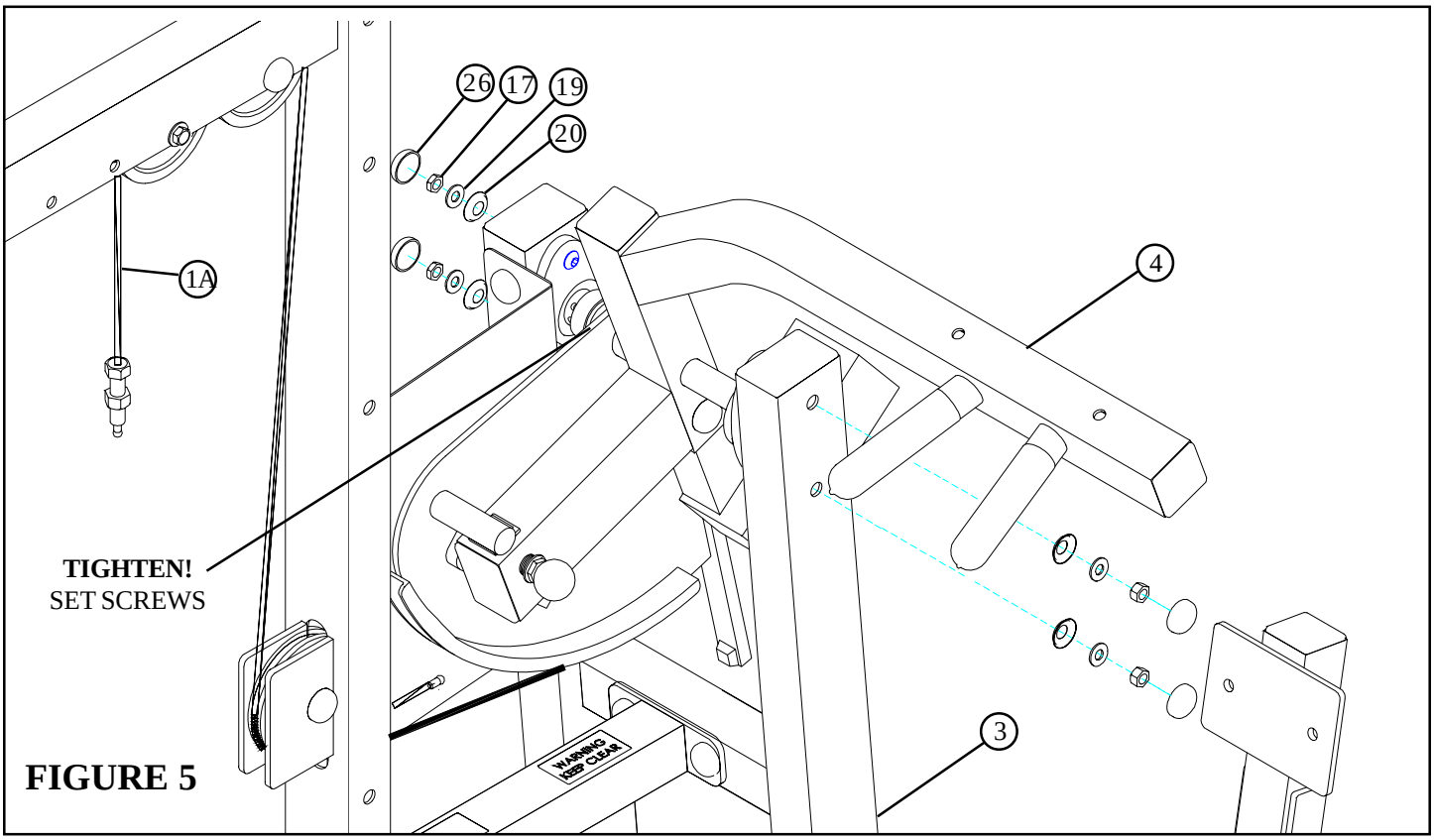


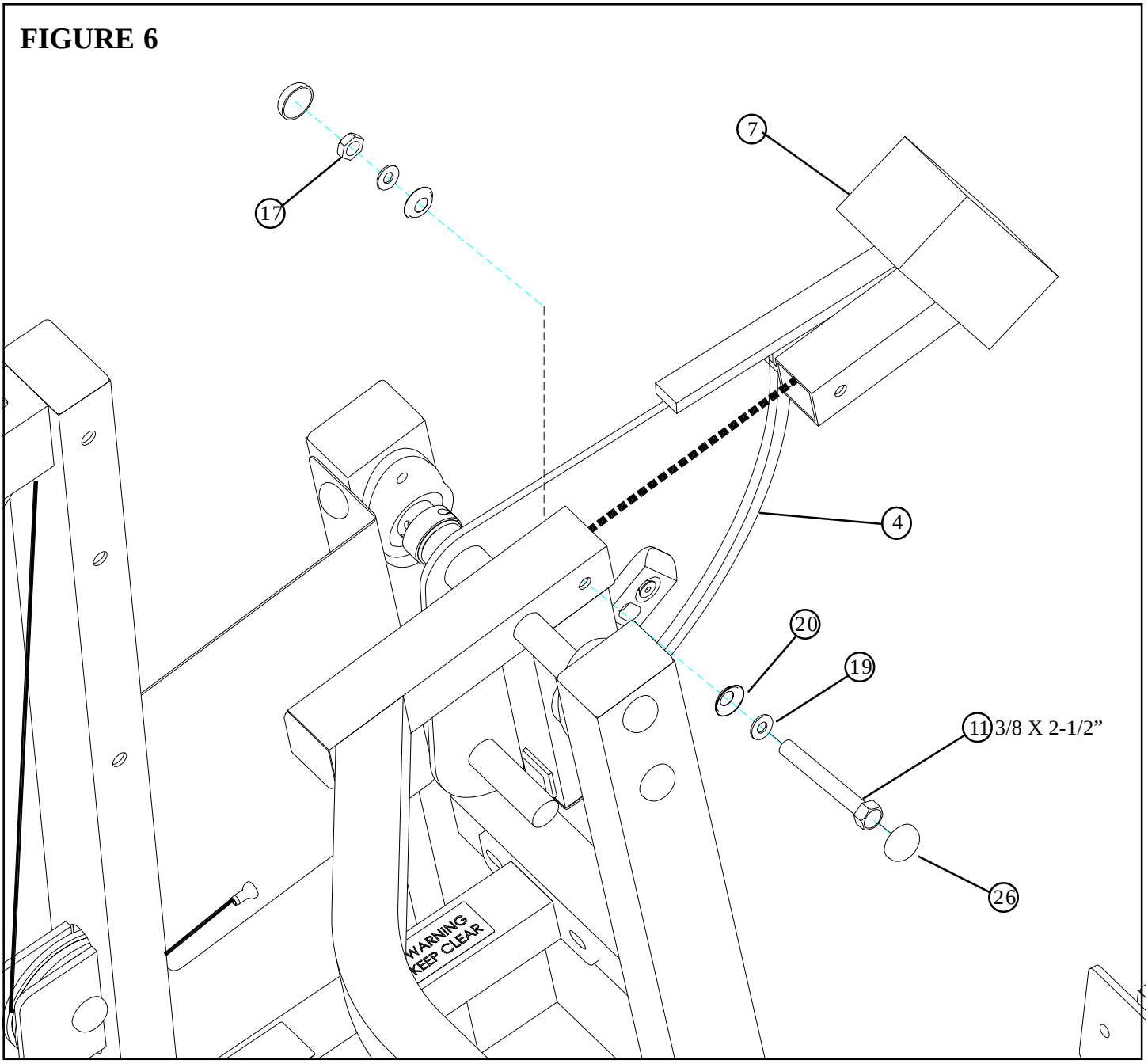
FIGURE 5

STEP 5:

- **SECURELY** assemble the AB ARM (4) to the SEAT FRAME (3) using four RH WASHERS (20), four 3/8" SAE WASHERS (19), four 3/8" LOW HEIGHT LOCK NUTS (17) and four RH CAPS (26)

- **IMPORTANT!** When AB ARM (4) is centered and level in the PILLOW BLOCKS (21), tighten the PILLOW BLOCK set screws.

FIGURE 6



STEP 6:

- **SECURELY** assemble the COUNTERBALANCE (7) to the AB ARM (4) using two RH CAPS (26), one 3/8 X 2-1/2” BOLT (11), two 3/8” SAE WASHERS (19), two 3/8” RH WASHERS (20) and one 3/8” LOW HEIGHT LOCK NUT (17) as shown in FIGURE 6.

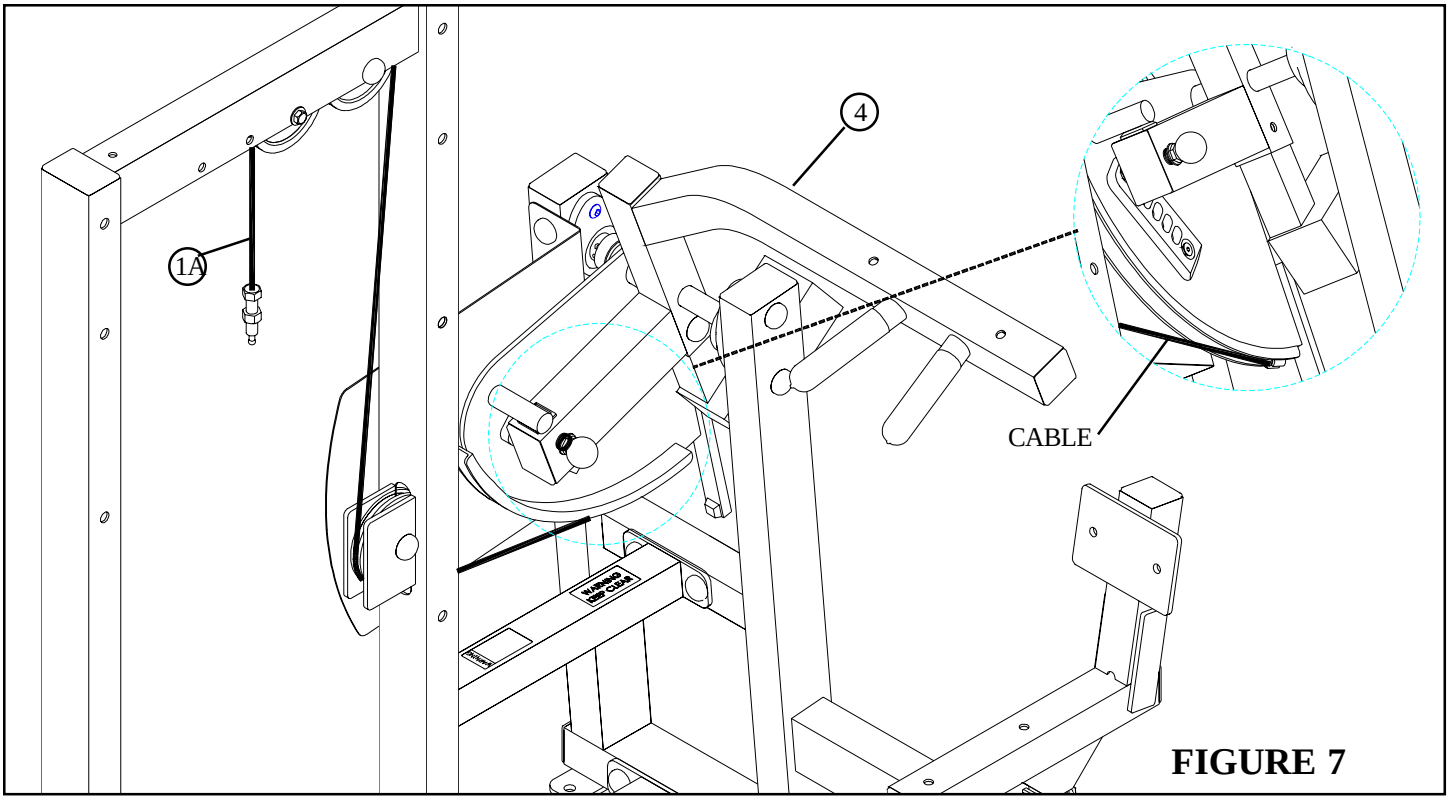


FIGURE 7

STEP 7:

- Slide the end of the CABLE into the bushing on the ABARM (4) as shown in FIGURE 8.

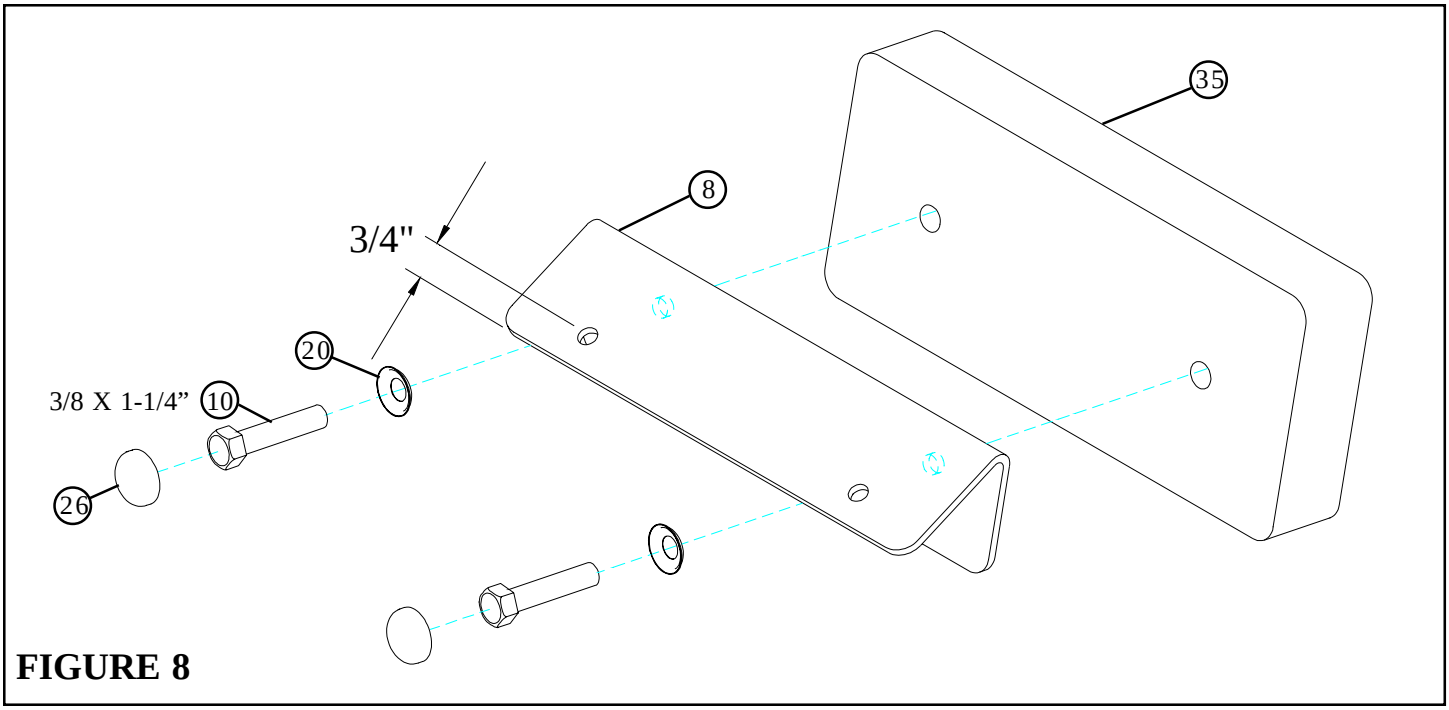


FIGURE 8

STEP 8:

- **SECURELY** assemble the CHEST PAD (35) to the 3/16 X 12" ANGLE (8) using two RH CAPS (26), two 3/8 X 1-1/4" BOLTS (10) and two 3/8" RH WASHERS (20) as shown in FIGURE 8. **(NOTE: Direction of hole pattern.)**

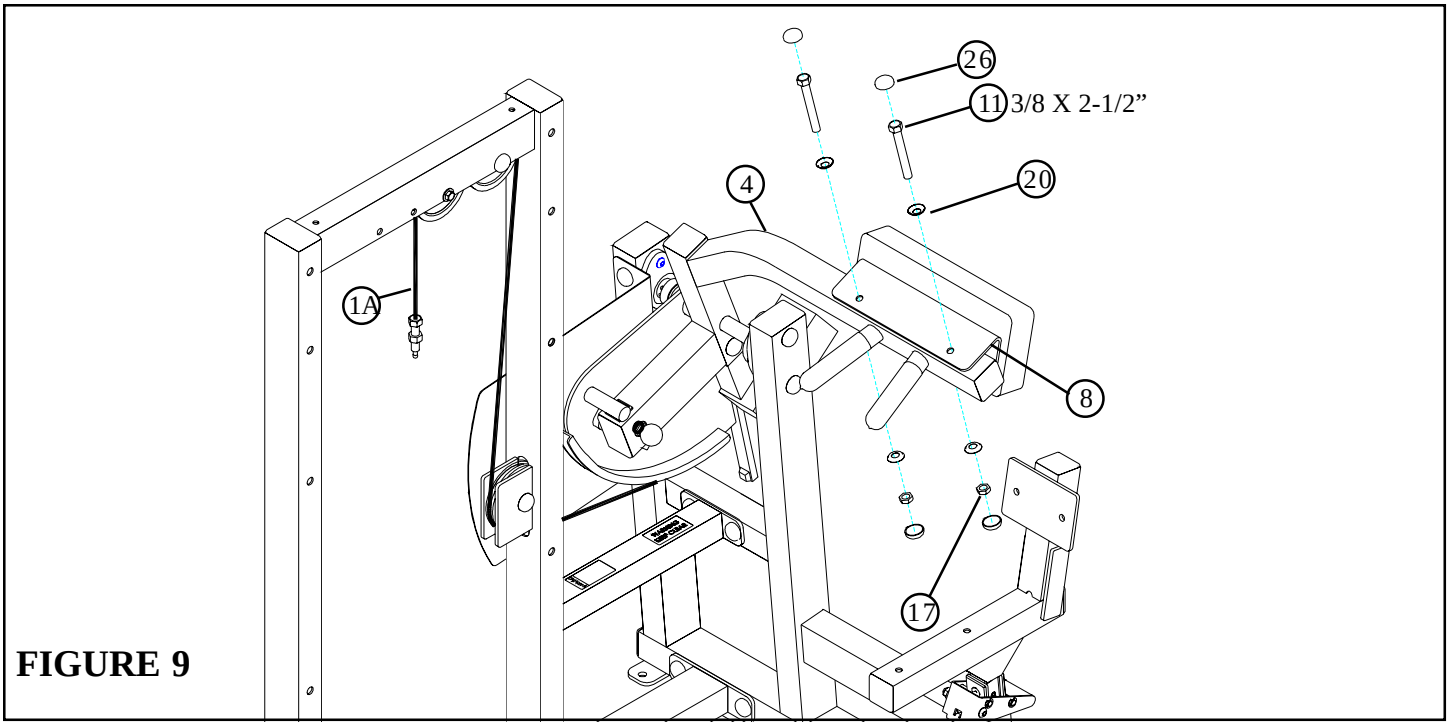


FIGURE 9

STEP 9:

- **SECURELY** assemble the 3/16 X 12” ANGLE (8) to the AB ARM (4) using four RH CAPS (26), two 3/8 X 2-1/2” BOLTS (11), four 3/8” RH WASHERS (20) and two 3/8” LOW HEIGHT LOCK NUTS (17) as shown in FIGURE 9.

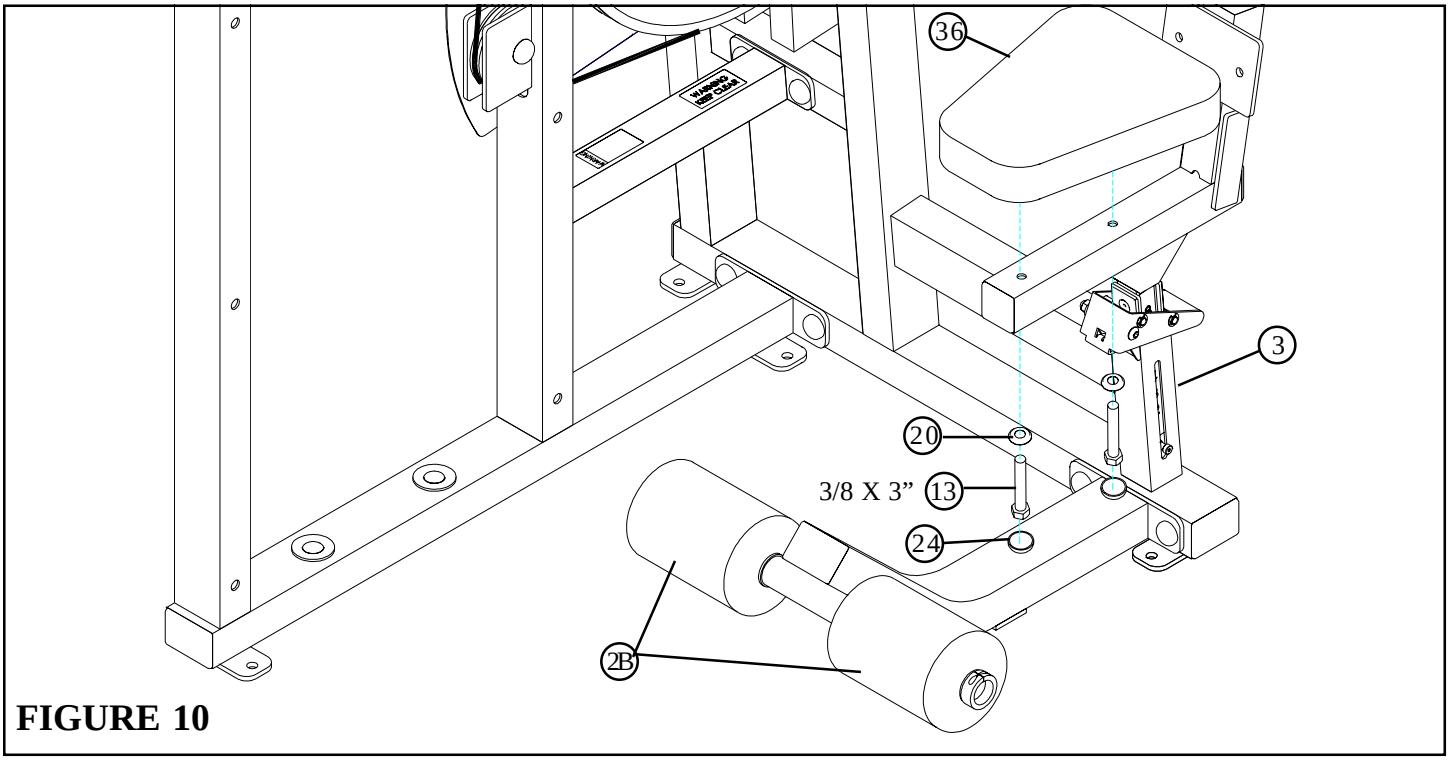


FIGURE 10

STEP 10:

- **SECURELY** assemble the SEAT PAD (36) to the seat post on the SEAT FRAME (3) using two RH CAPS (24), two 3/8 X 3” BOLTS (13) and two 3/8” RH WASHERS (20) as shown in FIGURE 10.

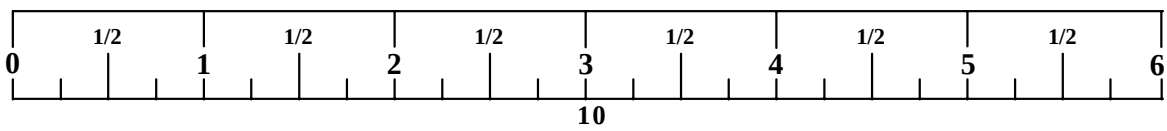
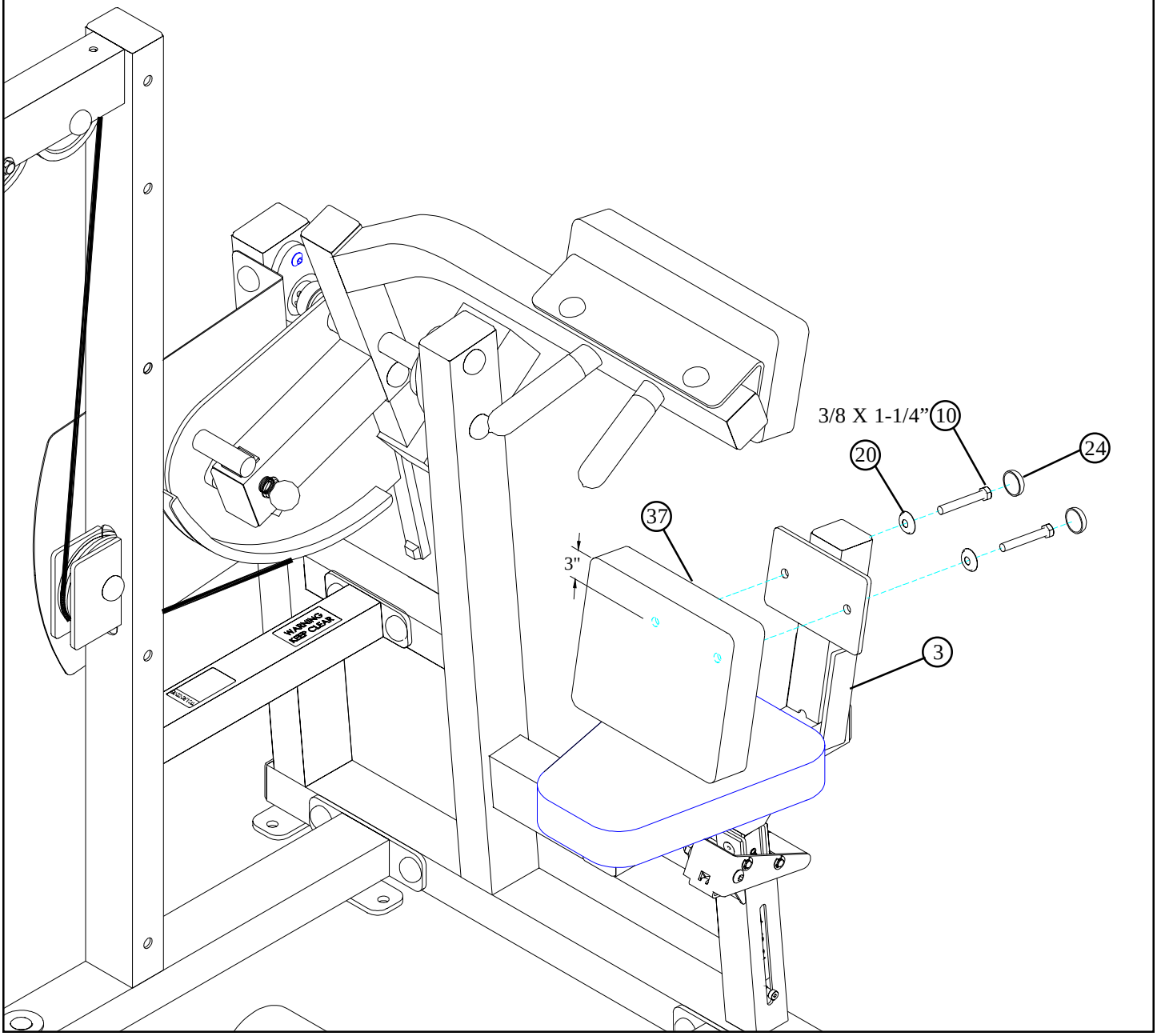


FIGURE 11



STEP 11:

- **SECURELY** assemble one BACK PAD (37) to the SEAT FRAME (3) using two RH CAPS (24), two 3/8 X 1-1/4” BOLTS (10) and two 3/8” RH WASHERS (20) as shown in FIGURE 11.

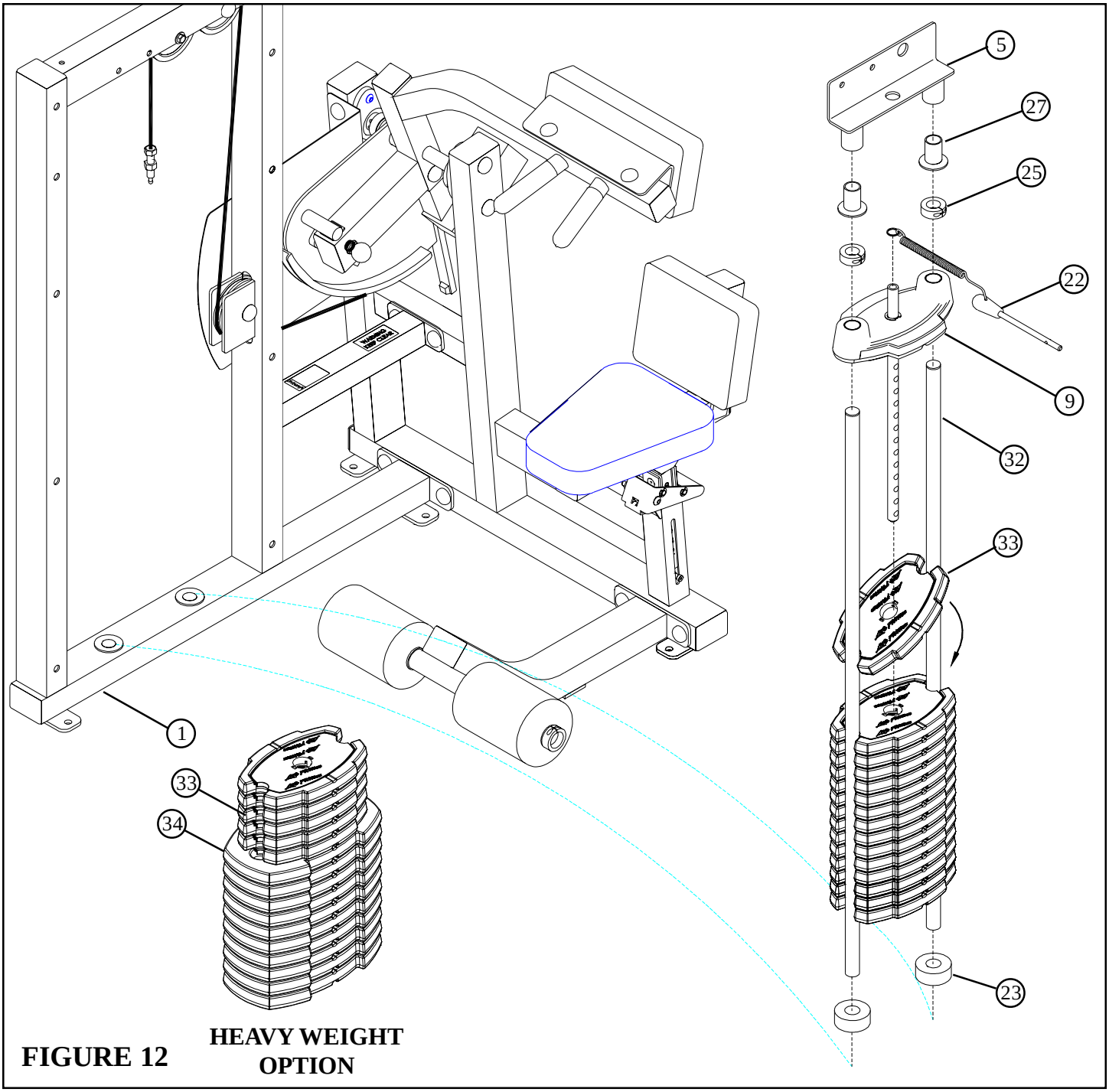
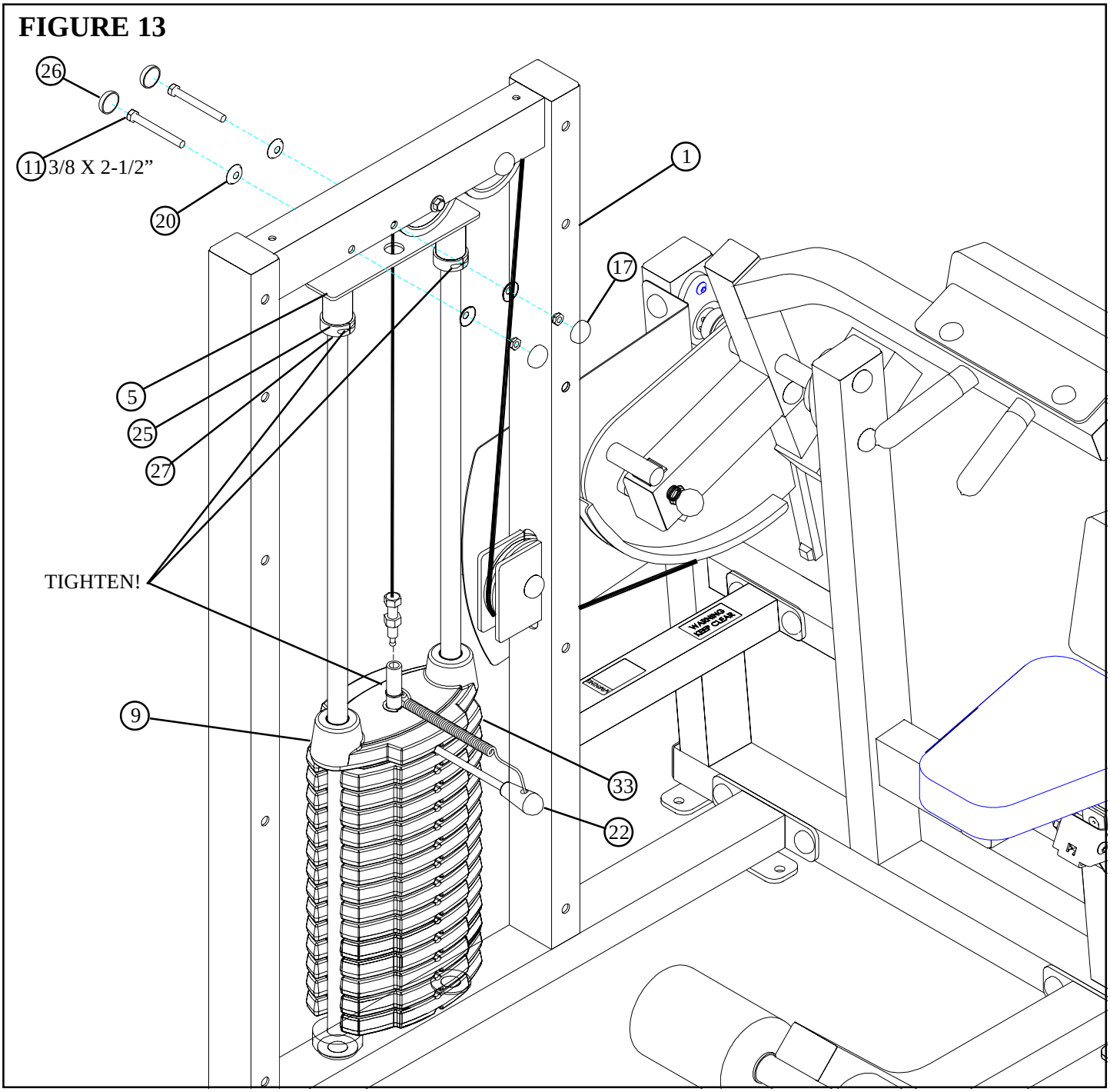


FIGURE 12 **HEAVY WEIGHT OPTION**

STEP 12:

- Insert the two GUIDE RODS (32) FOUND IN SHROUD KIT into the base of the TOWER (1) as shown in FIGURE 12. Lubricate the GUIDE RODS (32) with a silicon or teflon spray that is available at most hardware stores.
- Slide two WEIGHT STACK CUSHIONS (23) down over the GUIDE RODS (32). See FIGURE 12.
- Using **EXTREME CARE** place fifteen 10 LB. WEIGHT PLATES (33) over the GUIDE RODS (32) as shown in FIGURE 12.**(NOTE: If HEAVY WEIGHT OPTION is being used, slide ten 15LB. WEIGHT PLATES (34) over the GUIDE RODS (32) first, then slide five 10 LB. WEIGHT PLATES (33) over the GUIDE RODS.)**
- Carefully Slide the HEAD PLATE (9) down over the GUIDE RODS (32) onto the weight stack as shown in FIGURE 12.
- Slide one WEIGHT STACK SELECTOR PIN (22) over the shaft on the HEAD PLATE (9) as shown in FIGURE 12.
- Slide two 1" SHAFT COLLARS (25) over each GUIDE ROD (32) as shown in FIGURE 12.
- Slide two GUIDE ROD BUSHINGS (27) over each GUIDE ROD(32)
- Place the GUIDE ROD SUPPORT (5) over the GUIDE RODS (32) as shown in FIGURE 12.

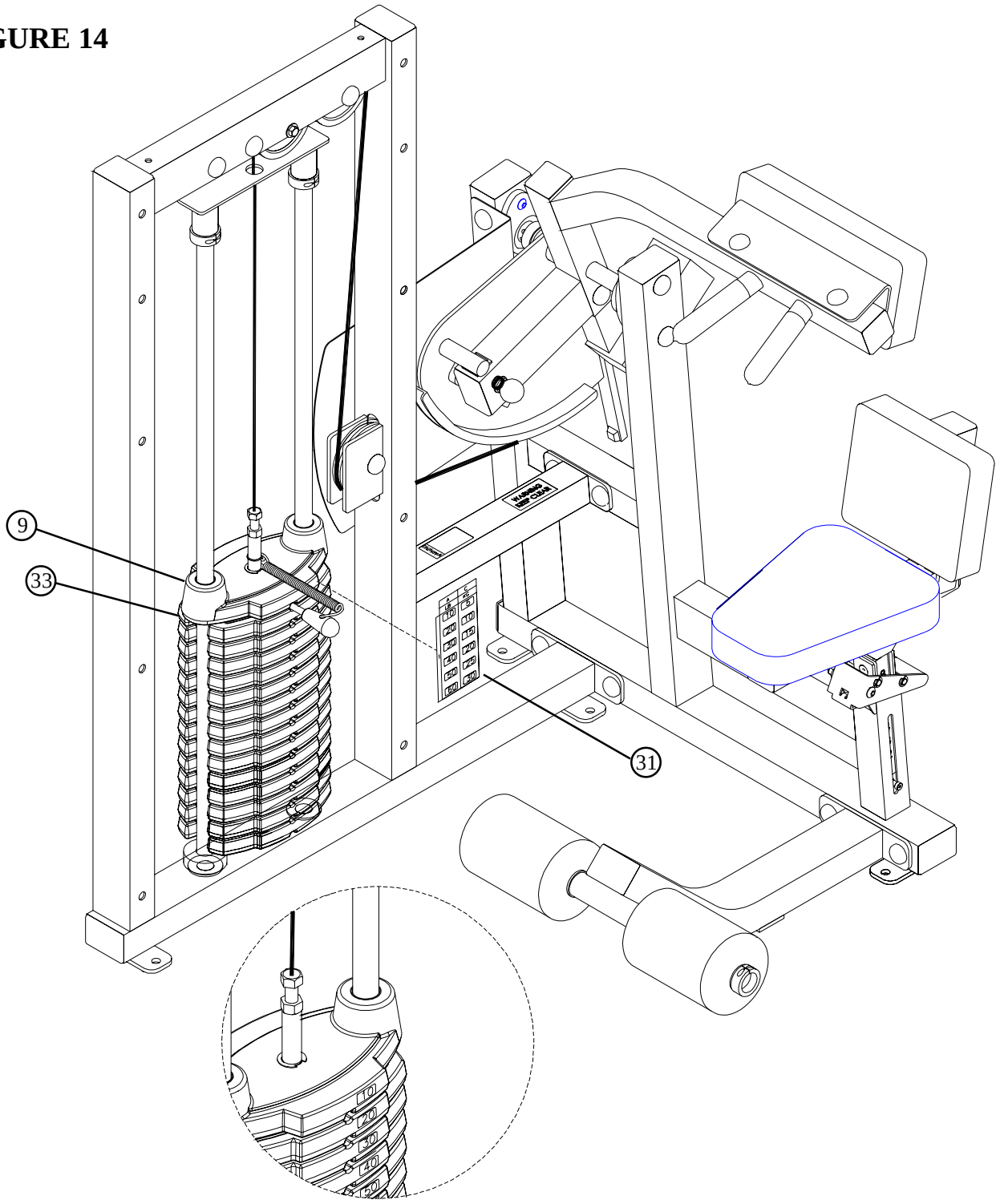
FIGURE 13



STEP 13:

- **SECURELY** assemble the GUIDE ROD SUPPORT (5) to the TOWER (1) using four RH CAPS (26), two 3/8 X 2-1/2” BOLTS (11), four 3/8” RH WASHERS (20) and two 3/8” LOW HEIGHT LOCK NUTS (17) as shown in FIGURE 13.
- Slide GUIDE ROD BUSHINGS (27) into the tubes on the GUIDE ROD SUPPORT (5), slide 1” SHAFT COLLARS (25) underneath the GUIDE ROD BUSHINGS (27) and **SECURELY** tighten the set screws.
- Screw the threaded end of the CABLE all the way onto the end of the shaft on the HEAD PLATE (9) and tighten jam nut securely. See FIGURE 13.
- Insert the WEIGHT STACK PIN (22) into the WEIGHT STACK as shown in FIGURE 13.
- If the HEAD PLATE (9) does not sit on top of the first WEIGHT PLATE (33), push the head plate down, insert the SELECTOR PIN (22) and perform several repetitions on the machine. This will relax the cable system and prevent the HEAD PLATE (9) from lifting up.
- If after completing previous step the HEAD PLATE (9) still does not sit on top of the first WEIGHT PLATE (33) or if there is excess slack in the cable system, adjust the threaded end of the CABLE accordingly and retighten the jam nut.

FIGURE 14



STEP 14:

- The weight stack LABEL SHEET (31) includes labels for the lbs. and kgs., for both the standard and optional stacks.
- Peel the backing off the WEIGHT STACK LABELS (31), line up sheet to the right of the selector opening and apply labels to the WEIGHT PLATES (33 or 34), starting with the HEAD PLATE (9) as shown in FIGURE 14.

REFER TO SHROUD KIT ASSEMBLY INSTRUCTIONS

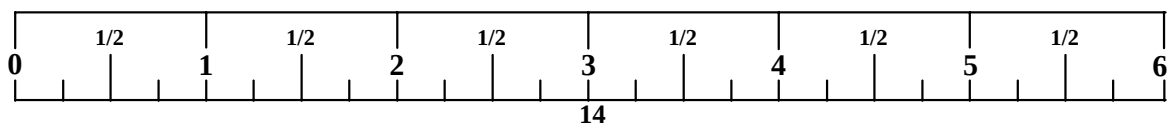
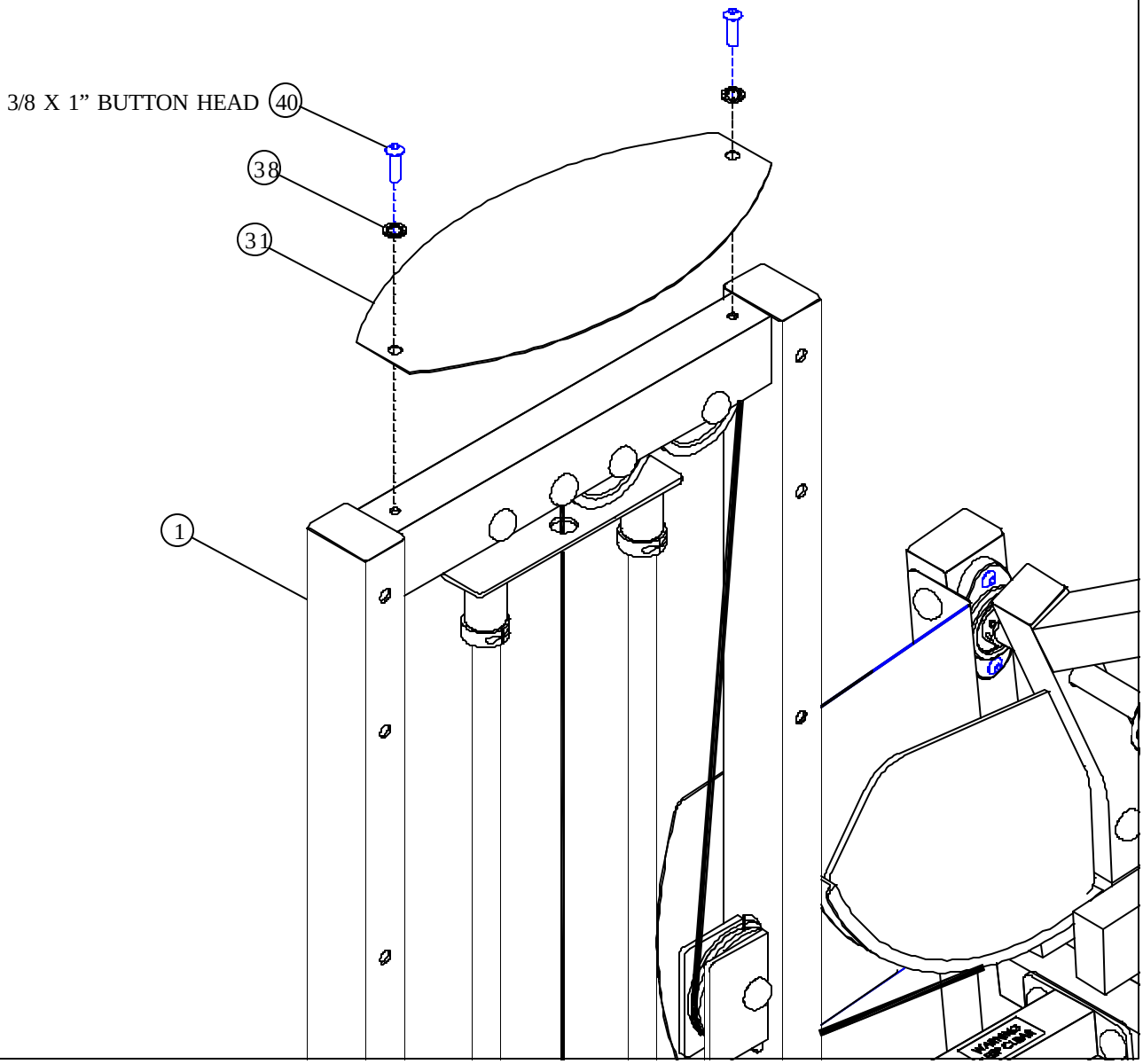


FIGURE 16



STEP 16:

- **SECURELY** assemble the TOP SHROUD (31) to the TOWER (1) using two 3/8 X 1” BUTTON HEAD BOLTS (40) and two STARLOCK WASHERS (38) as shown in FIGURE 16.

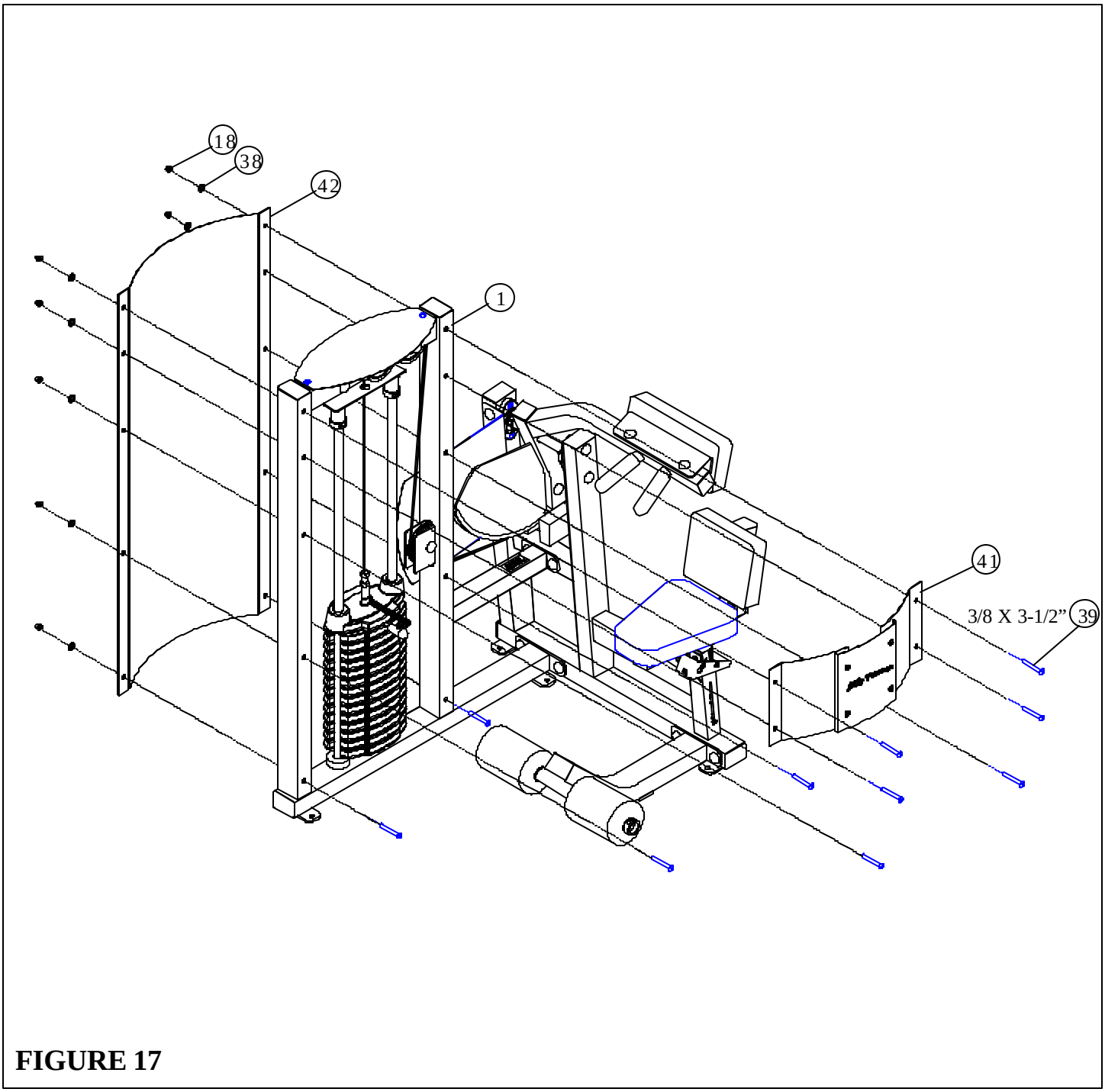


FIGURE 17

STEP 17:

(NOTE: If the PARTIAL SHROUD KIT is being used follow STEP 17. If the FULL SHROUD KIT is being used follow STEP 18)

- **SECURELY** assemble the FRONT PARTIAL SHROUD (41) and the REAR PARTIAL SHROUD (42) to the TOWER (1) using ten 3/8 X 3-1/2" BUTTON HEAD BOLTS (39), ten STARLOCK WASHERS (38), and ten 3/8" ACORN NUTS (18) as shown in FIGURE 17.

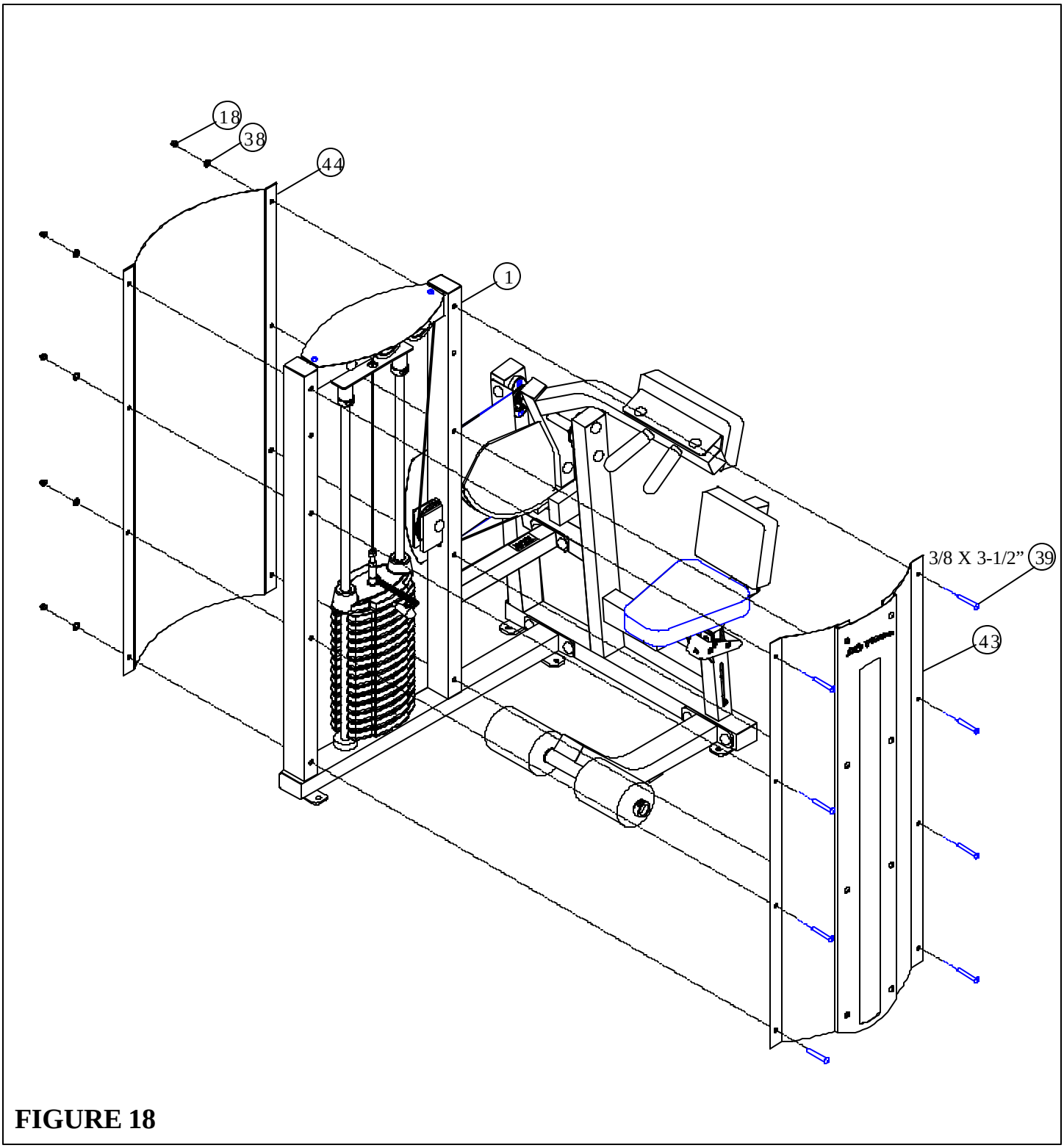


FIGURE 18

STEP 18:

- **SECURELY** assemble the FRONT FULL SHROUD (43) and the REAR FULL SHROUD (44) to the TOWER (1) using eight 3/8 X 3-1/2” BUTTON HEAD BOLTS (39), eight STARLOCK WASHERS (38), and eight 3/8” ACORN NUTS (18) as shown in FIGURE 18.

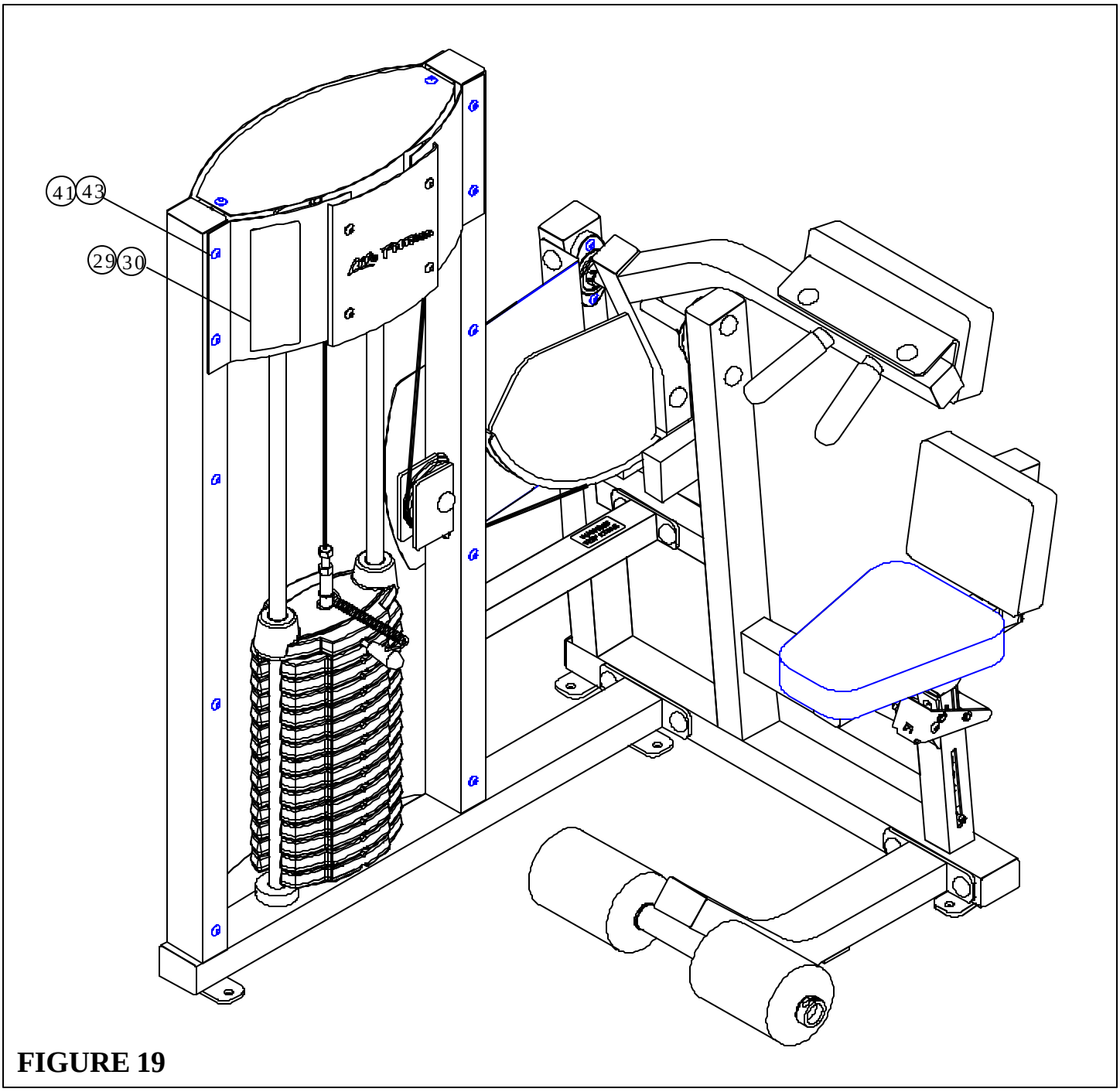


FIGURE 19

STEP 19:

- Assemble the PLACARD LABEL (29) or the FOREIGN LANGUAGE PLACARD LABEL (30) to the FRONT SHROUD (41 or 43) as shown in FIGURE 19.

CAUTION-PLEASE READ

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. Consult your physician before beginning any exercise program.

WARRANTY INFORMATION

10 YEARS	STRUCTURUAL FRAME
3 YEARS	PILLOW BLOCKS, PULLEYS, WEIGHT PLATES AND GUIDE RODS
1 YEAR	CABLES
90 DAYS	UPHOLSTERY

PREVENTATIVE MAINTENANCE TIPS

Action	*DAILY*	*WEEKLY*	*QUARTERLY*	*BI-ANNUALLY*	*AS NEEDED*
CLEAN					
Upholstery	X				
Guide Rods					X
Hand Grips					X
INSPECT					
Visual Overall	X				
Cables		X			
Hardware			X		
Frame				X	
Hand Grips					X
LUBRICATE					
Guide Rods					X

Clean:

- Upholstery with mild soap and water.
- Guide rods with a cotton cloth.
- Hand grips with mild soap and water.
- Frame damage can be repaired with touch-up paint can be purchased from your LifeFitness customer service representative at (800) 351-3737

Inspect:

- Cables for wear or damage and proper tension (should not exceed 3/4" deflection.) Pay close attention at bends and attachment points.
- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage.
- Hand Grips should be checked for wear or damage

Lubricate:

- Lube the Guide Rods. Apply the lubricant to a cotton cloth, then run the cotton cloth up and down the guide rods as needed. Do not spray lubricant directly on the Guide Rods.

Thank you for purchasing the LifeFitness CLUB SERIES ABDOMINAL. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 351-3737.